

DAY 22: KINDNESS

William James, the great American philosopher and psychologist, taught that human beings at the core of their personality have the need to be appreciated...Mother Teresa often said that people crave appreciation more than they crave bread.

-from *The World's Most Powerful Leadership Principle*, by James C. Hunter

WE DARE YOU TO...

Write a **hand-written** note of gratitude.

- Select the person—a family member, friend, co-worker, or someone you haven't spoken to in a long time—whom you want to thank for what he or she brings to your life.
- Choose a postcard, letter, or card.
- Take a few minutes to write a warm, sincere message that clearly communicates your love and appreciation for that person.
- Deliver or send it today.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

- Albert Schweitzer

Idea borrowed from <http://everymondymatters.com>



A leather satchel with a pen, a notebook with a pen, a watch, and a small card on a dark background.

WRITE A HAND-WRITTEN NOTE OF GRATITUDE



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WHO HAS
BEEN
INFLUENTIAL
IN YOUR LIFE?

10 MINUTES OF WRITING

IF YOU FINISH:

- READ
- DRAW
- SLEEP

WHY HAVE
THEY BEEN
INFLUENTIAL?